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of Eastern Maine  
*Newsletter*



## Continuing vigils express pain, hope

*by Christina Diebold, editor*

What kind of person is willing to stand on a sidewalk in heat, rain, and cold holding a peace sign while motorists whiz past, most seeming oblivious? Inspired by Dick Hoyt's report in last month's Newsletter of the reasons for his vigil in Lubec, we contacted vigil leaders around the state, in the process updating the vigil list at the back of this issue. We found, not surprisingly, that several vigils have been discontinued. After all, eight years is a long time, and vigiling can seem futile.

We also found that a number of vigils are still going. In Houlton, Marilyn Roper and her friends, many of them Quakers, hold their vigil in solemn silence, choosing a simple sign that says "Stand With Us For Peace" instead of signs that suggest anger. "We hope we project a positive, quiet stillness in contradistinction to the hoopla and combative turmoil so prevalent today," Marilyn says in her writeup inside.

In contrast, the vigil on the Margaret Chase Smith Bridge in Skowhegan doesn't hesitate to have fun. A few months ago participants spoofed the Miss America Pageant, with contestants such as "Miss Led" and "Miss Used Funds." The weekly vigil is an opportunity for friends to get together and socialize.

It's a lonelier scene for David Gholson in Eastport, often accompanied only by his dog – and his determination.

The cost of the wars in Iraq and Afghanistan keeps mounting. Lives ended prematurely, lives ruined for decades to come. An article in the Christian Science Monitor this September quotes Harvard economist Linda Bilmes as saying the total cost of the two wars, factoring in veterans health care, replenishment of military hardware and interest on the debt, will be significantly more than \$3 trillion.

Russell Wray writes that he continues to stand at the vigil in Ellsworth because "it helps me deal with the sadness I have when I think of the immense amount of suffering these wars have wrought. Suffering not limited to that felt by Iraqis or members of our military, or their families, or the creatures of the oceans assaulted by military sonar, but also all who suffer from want due to the black hole of war-making, which sucks up resources and energies that would be far better spent serving life."



## Ailing health care system needs to take profit out

*by Philip Caper, M.D., Brooklin*

As health care reform legislation enters a critical phase in Congress, it's important to keep our eye on elements essential to the success of any reform effort. In order to define those elements, we must have a clear understanding of the nature of the pathology in our dysfunctional health care system.

Modern high-tech health care is a right of the residents of most wealthy countries in the world – except the United States. America is exceptional in this regard. It is also exceptional in being the only wealthy nation where health care is considered to be a business.

Prior to about the mid-1970s, American health care institutions like those in other developed countries were overwhelmingly nonprofit, locally controlled entities driven by their mission -- comforting the sick, curing illness, and promoting healing.

In the mid-1970s, leaders in American health care fell in love with business. They began to believe that management could be improved and costs controlled by a stiff dose of good old American business know-how. As a result, first MBAs and then full-fledged corporatism began to engulf and transform medical care. Hospital administrators became CEOs, services became product lines, patients became market share and so on.

Hospitals consolidated and became part of larger networks. Local control was weakened or lost. Insurance companies consolidated across state lines, and ownership was transferred from nonprofit local corporations to for-profit multi-state and national corporations. As pharmaceuticals became a larger part of medical care, pharmaceutical companies grew, became more profitable and merged, eventually creating huge multinational conglomerates. Ownership was transferred from private (often family) hands to distant shareholders through lucrative public offerings. Health care products and services became just another commodity to be traded on the stock exchange, their value judged only in terms of return on shareholder investment.

The practice of medicine, the bedrock of any modern health care system, changed too. Doctors went from being independent professionals, bound only by their Hippocratic oath, to being employees of increasingly large corporate entities, many of them also for-profit. As a result, physicians have come under growing pressure to tailor their clinical decisions to the revenue and profit demands of their corporate employers. These demands

often conflict with the profit-driven demands of insurers, attempting to maximize their profits by minimizing their "medical losses." Revenue-driven medical care was born. This profit-driven micromanagement of physicians' decisions about how to treat their patients exists nowhere else in the world. It too is uniquely American.

In order to resuscitate the healing mission of medicine, a few very important changes must be made to drive the profit motive out of the financing and direct provision of health care.

The first step must be the strengthening of our publicly controlled nonprofit system of financing medical care. From a policy perspective, the simplest and most direct way to do that would be to gradually expand Medicare. Medicare is effective, efficient and popular. The eligibility age could initially be dropped to 55, and then gradually lowered to eventually encompass the entire population. Unfortunately this fair, simple and elegant solution is also the most politically difficult due to the enormous influence of the medical-industrial complex on our politicians.

The second step must be to remove the profit motive from the direct provision of health care services by changing the way doctors, hospitals and other providers are paid. We must eliminate the fee for service system, and move toward global budgets for hospitals, and salaries and bonuses for doctors. This would remove the influence of fees for individual services on clinical decisions and would eliminate the single largest driver of exploding costs in American health care. It would also allow the incomes of primary caregivers to be brought closer to those of specialists and stem the exodus of doctors out of primary care practice.

Third, we must greatly strengthen the ability of our public insurance system to control the prices of pharmaceuticals and medical devices to bring the U.S. more in line with all other developed countries. These companies are entitled to a fair profit but not the windfalls they are currently receiving due to the market protection they enjoy from federal patents, protection from price negotiations by Medicare and the massive public investment in biomedical research that often forms the basis of pharmaceutical products.

Health care reform without these basic changes is probably not worth doing, as it would simply reinforce the existing dysfunctional system. If these changes are part of reform, we will be on the way to joining other civilized countries in making health care a right of all our people. If not, it will continue to be an increasingly expensive commodity that only the wealthy can afford.



## Houlton vigil

by Marilyn Keyes Roper

For over seven years, a small group of committed peace people have stood silently every Friday at noon near Houlton's Peace Pole in Monument Park. Over the years the smallest number has been three and the largest twelve, with an average of about five or six. Standing in the sun or sleet for one-half hour, or fifteen minutes in the coldest months, we have noticed more thumbs up and honks recently.

In the late winter of 2002, our weekly peace presence began as Women in Black. Four women held two identical signs pointed in opposite directions reading "WOMEN IN BLACK for Non-Violent Solutions." Other participants stood silently alongside of them. Because some men felt uncomfortable joining us, the group decided to change the signs to "STAND with us FOR PEACE."

From the beginning, we peace folks met as a group to discuss our public witness and decide what form it should take. We chose silence with only two identical signs with very large black letters. We wanted to project a positive image FOR peace, not against this war or that (most of us are opposed to all wars) or this or that person. We did not want to draw angry people with angry signs to stand with us or incur anger in observers – but rather thoughtfulness.

By the fourth draft, we all agreed on our official Stand for Peace statement which is given to anyone who approaches us during or after the vigil. It reads in part: "Peace is important to all of us. We come together because our personal values or religious traditions meet here in this one idea, *Peace*... You are most welcome to join us in Spirit or in person." If someone approaches and really wants to talk with us during the vigil, one of us will draw that person far aside so the others can remain in prayer/meditation.

Long-time, faithful attendees of our interfaith vigil are Quakers, Unitarians, Pax Christi members and those from other traditions. Most of all we seek nonviolent solutions in all circumstances in the home, community and world. We hope we project a positive, quiet stillness in contradistinction to the hoopla and combative turmoil so prevalent today.

*The Houlton vigil takes place Fridays at noon at the Peace Pole in Monument Park. Marilyn Keyes Roper can be reached at 532-3797; marilynroper@myfairpoint.net.*

## Skowhegan vigil

by Mark Roman

Six to eight regulars are often joined by many more to witness for peace on this bend in the Kennebec River. Most of the participants carry signs of their choice. The Margaret Chase Smith Bridge on Route 201 carries a high volume of traffic, as this main corridor to Quebec serves tourists from every state and many countries along with local traffic. The large majority of responses to us are positive, but the negatives are the most vocal. "Get a job" and "get a life" are the leaders, with an occasional commie, socialist or hippie x#\*~ tossed in. The mood is often a reflection of the latest bad economic news, rise in gas prices or turn in the wars of occupation.

There is sometimes a surprise element of comedy. During the Freedom Fries phase, a driver shouted to my wife and myself, "I'll buy you both one-way tickets to France!" Unfortunately, he didn't come back. We also held a CODEPINK "I Miss America" pageant with contestants wearing sashes with slogans like Miss Used Funds and Miss Led. Inviting people to take part in an event like this helped to increase the number of people on the bridge and made some feel comfortable enough to join us in other peace and justice activities. Art always helps to promote the message.

The bridge has also been a place to share produce, purchase art, deliver rent money, support each other through difficult times and even begin relationships.

I believe this free space to "advertise" for peace is a gift and a valuable resource to the peace community. More people would surely make our message stronger. After years of Sundays, the bridge, for many of us, feels like the place we want to be from noon to one. On the occasional Sunday when we cannot be there, we feel that the bridge is known by now as that place where the anti-war people are.

*The Skowhegan vigil takes place Sundays at noon on the Margaret Chase Smith Bridge. Mark Roman, 643-2356, honedsharp47@yahoo.com, is a member of Waterville Area Bridges for Peace and Justice and CODEPINK Maine. He met his wife, Lisa Savage, on the bridge.*



## Eastport vigil

by David Gholson

We started the Eastport Peace Vigil before the invasion of Iraq. We held it in Overlook Park every Saturday from 11 a.m. to noon. There were times we had as many as 15 people there. We dwindled down, and after a while just let it slide into oblivion. A couple of years later, when it became clear that President Bush was going to keep us in Iraq forever, we geared back up. This time our vigil was at the Post Office/Customs Office, which is the Federal Building in this town, and seemed more fitting.

For several years we had four to eight people regularly from 11 a.m. to noon on Saturdays. Dick Hoyt from Lubec was one of the regulars, but after standing many times with us, he decided that since he considered this an "oil war," it was illogical to drive for almost an hour to come to Eastport. As a matter of principle, he began standing in Lubec.

After Barack Obama got elected, the vigil dwindled to usually just me and our dog. Occasionally my wife, Ann Cornelison, joins me. I think folks' attitude was that Obama would get us out of this mess, but my attitude is that he is not trying hard enough. My response when folks say anything taking up for Obama in this regard is to simply ask, "How many people per day does Chicago's O'Hare Airport handle? I expected the troops home the day after Obama was inaugurated."

Anyone is welcome to stand with me, but there are occasions when I am out of town, or if it is rainy I just get lazy about showing up.

There are fewer people actively showing their disagreement over the issue as the years have dragged on. In the interest of getting along, my sign simply says "SUPPORT OUR TROOPS -- BRING THEM HOME NOW" instead of my previous sign, which said "IMPEACH" and "OUT OF IRAQ."

David Gholson can be reached at 853-2633; [thrumcapper@yahoo.com](mailto:thrumcapper@yahoo.com).

may be 20 or more. Each of us has visited and re-visited the question, "This seems so futile, why do I vigil?" Our answers share common threads.

"Working to be the peace we wish to see," Pat Wheeler.

"War is without honor when we kill and maim hundreds of thousands of civilians, which in turn creates ever more terrorists," Sue Newlin.

"I made a commitment—it's an affirming part of my life," Deb Marshall.

My commitment can be traced indirectly, but inextricably, to my service in Vietnam. I had volunteered to serve there for reasons similar to those we hear from today's warriors. I was going to prove my manhood, going to avenge the death of a close friend, going because buddies in my field were going, going because I had bought into untruths presented by my commander-in-chief. We had to stop the Communists over there before they were over here. 58,000 American lives were lost, 2-3 million Vietnamese died.

Today's wars are being waged on a similarly indefensible foundation.

I believe it was immoral for me to have gone to Vietnam to participate in an immoral war, just as I believe our presence in Iraq and Afghanistan to be immoral. Thousands of innocent lives are being sacrificed while we build the ranks of those who hate us.

Our vigil is a window on our conscience. We vigil, Ellen Stevenson says, to remind ourselves as well as those who drive past, "that we're still at war because the reality of our national recklessness is so removed from our everyday consciousness."

*The Deer Isle vigil takes place Mondays, 4-4:30 p.m. across from Deer Isle-Stonington High School. Dud Hendrick can be reached at 348-2511; [dudhe@myfairpoint.net](mailto:dudhe@myfairpoint.net).*

## Bangor vigil

by Peter Phillips

It is clear to me that I will continue to stand, with sign in hand, at the weekly Tuesday peace vigils in front of the Federal Building in Bangor. I have been doing so since they began eight years ago. Besides feeling an obligation, I feel honored to be a part of such a movement toward peace. It makes no difference who's in power, or about party-line politics. When there's a war going on, when innocents are being killed and brutalized, when troops are

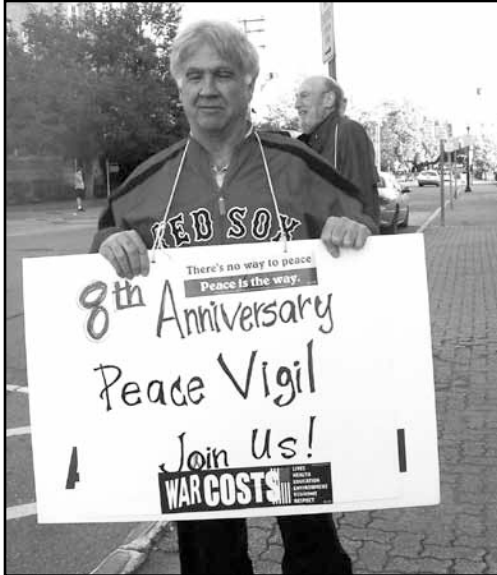
## Deer Isle vigil

by Dud Hendrick, *Veterans for Peace*

We have been vigiling on Deer Isle since before "Shock and Awe." Over six and a half years. In rain, snow, sleet, sub-zero wind chill factors, even sunny summer afternoons. There is a core of 8-10 of us who, for the most part are there week in, week out. In the summer there

being placed in harm's way in unjust wars, then I will be there at the peace vigil.

**Peter Phillips, a member of the VFP and the P & J steering committee has been attending the Bangor vigil across from the Federal Building regularly for the past eight years.**



*Photo by Ilze Petersons*

*The Bangor vigil takes place 5-5:30 p.m. Tuesdays. Information available from Peace & Justice Center of Eastern Maine, 942-9343.*

Because the wars and occupations are now largely taking a back seat in the corporate media, many Americans almost seem to have forgotten them. When people drive by and see our vigil, they are reminded. Hopefully, some will reflect on these wars, and possibly act to help bring them to an end. For those people who may have their own misgivings, but who feel they can't, or shouldn't, express them, to see others speaking out may help to dissolve their inhibitions. That is my hope.

*The Ellsworth vigil takes place Sundays at noon on the Union River bridge. Russell Wray can be reached at 422-8273; raentreegallery@roadrunner.com.*

## Waterville vigil

*by Bobby Hayes*

Every Sunday at noon there are a few extra cars in the CVS parking lot by Messalonskee Stream in Waterville. On the bridge above the stream local citizens (aka "Waterville Area Bridges for Peace and Justice") stand from noon until 1 p.m. to protest the ongoing wars in Iraq and Afghanistan. There have been people on the bridge almost every Sunday for the last eight years. Why does this vigil continue?

The reasons for standing are probably as different as the individuals who have stood there. There are parents and grandparents of soldiers, veterans who have served during previous wars and in peacetime, teachers, health-care workers, ministers, carpenters, poets, artists, librarians and many others. We are connected by our concern about these wars.

Before the invasion of Iraq there was hope the invasion could be prevented. There were more people standing then. After the invasion, some chose not to continue, believing they should not be vocal once U.S. armed forces had been committed. Others have continued to show up each Sunday, and new people joined as others have taken a break. Members of church denominations including people from Friends Meeting and the local Unitarian church have joined the group at times. Students from Colby College and Waterville High School have come and have organized their own peace demonstrations.

The response to the presence on the bridge is overwhelmingly positive. Most people drive by without apparent response, but there are also many who honk and wave. There are a few who shake their heads, turn their thumbs down or give the occasional "third finger salute," but these are a small minority. The most important thing is

## Ellsworth vigil

*by Russell Wray*

It's seven years now that people have been standing for peace once a week at the Union River bridge in Ellsworth. At times, such as when the invasion of Iraq was imminent, hundreds gathered on the bridge. Though the turnout is mostly far lower than that, we have managed to maintain some kind of ongoing presence on the bridge right up to the present, even if it has been just one of us standing there. On those occasions, it can feel a wee bit lonely. But going on three years now, I have counted on the good company and antics of Frank Donnelly. Frank keeps me laughing.

For me, there are several good reasons to continue standing. One is that it helps me deal with the sadness I have when I think of the immense amount of suffering these wars have wrought. Suffering not limited to that felt by Iraqis or members of our military, or their families, or the creatures of the oceans assaulted by military sonar, but also all who suffer from want due to the black hole of war-making, which sucks up resources and energies that would be far better spent serving life. Standing there helps me deal with my anger at those responsible for all this suffering, including the present administration.

that they all see the demonstration and are reminded that futile and destructive acts continue to be done in their name, and that many citizens do not support these acts.

*Bobby Hayes can be reached at 873-0878; hayrus@gwi.net.*



## Gratitude for unsung peace heroes

*by Starr Gilmartin, Trenton*

In anticipation of Thanksgiving, I wanted to celebrate and give thanks to the many unsung heroes of the peace movement. Specifically, those individuals who have the courage and conviction to step out of their personal and professional comfort zones; those who stand often alone for a peace vigil in all kinds of weather; those who sacrifice their liberty for performing civil disobedience; those who risk their personal safety by being tasered or maced; the soldiers who risk being court-martialed for desertion; the war tax resisters risking IRS seizures; and all those who risk suffering condemnation, verbal abuse, or social ostracism because they speak their mind in a public forum.

Most of us would agree that war is not healthy for children and all living things, and that there are far better ways to use the \$915 billion spent thus far on the wars in Iraq and Afghanistan, yet these wars persist. Although all the heroic efforts certainly haven't been in vain, for the tide of public opinion has indeed changed, the challenges to overcome the obstacles to peace are Sisyphean nonetheless.

An absence of public discourse connecting a burgeoning military-industrial complex to a faltering economy, as well as the dwindling numbers of protesters despite the escalating war effort, are the most notable of these challenges. One could certainly become cynical in this environment and lose sight of the need to carry on, as I have many times, but then I am reminded of individuals who continue to act and don't surrender to the despair.

Again I give those special individuals thanks for doing what I often don't want to do myself, for reminding me that doing nothing is giving consent; that without sacrifice and commitment, these wars will surely continue; and that as Benjamin Disraeli once said, the secret of success is constancy to purpose. I therefore rededicate myself to the struggle for peace and hope a few reluctant activists will join me in my efforts.



## Peace & Justice Center charts direction

*by Kay Carter, Steering Committee*

Twenty-two members of the Peace & Justice Center of Eastern Maine met in October to take stock of the Center's activities and to set goals for the coming year. People were delighted that the Mission Statement written 1988 still reflects the vitality and direction of the Center's work, reading in part:

**The Mission of the Peace & Justice Center of Eastern Maine is to support as well as link groups and individuals concerned with peace, justice and a sustainable environment. Center services promote cooperation, expand awareness, explore connections and encourage community involvement in working toward a peaceful and just society....**

Go to the Peace & Justice Center's website ([www.peacectr.org](http://www.peacectr.org)) to read the full Mission Statement.

Following the review of the Mission Statement, members considered and adopted goals for the work of the Center for the coming year. Two of the organizational goals were seen as key to the success of all other goals. These were:

1. Strengthen membership in the Center and volunteer participation in the Center's committees.
2. Seek funding to restore the volunteer/development coordinator position.

Taken together, when successful, these will support the operational goals of the Center, which include:

1. Expand our outreach to low income and minority communities, schools and churches.
2. Continue to educate through our peace and justice film and discussion series, our Active Community teach-ins and hearings, and our other educational programs.
3. Coordinate networking that emphasizes our interconnections and need for mutual support.
4. Facilitate information sharing through shared space, email action alerts, website, phone lists, weekly WERU radio spot and Newsletter.
5. Organize special events in order to affirm and develop alternatives to current policies of violence, war, and economic insecurity.
6. Support existing and new organizations addressing peace, justice, and environmental concerns.

This is a large action plan for the Peace & Justice Center to achieve in the coming year. It depends on volunteers to make it happen. We each have a way to support the Center's activities. It may be to reach out to individuals

who are not members and urge them to become members; it may be to volunteer at the HOPE Festival or other event; it may be to help at the Center collating Newsletters, making calls about events, or working with a committee focusing on an activity of the Center.



*Photo by Ilze Petersons*

### **Kay Carter facilitates October 24 planning meeting at the Center**

There are places within the work of the Center for each of us to help. Have you found yours? If not, call the Center (942-9343) and ask how you can become involved.

## **Organizer calls for statewide anti-war action**

As this Newsletter was being prepared, Maine peace activists were planning a statewide anti-war strategy meeting in Bath on November 21. As organizer Bruce Gagnon said, "The meeting will be a chance for us to put our heads together in order to create a coordinated plan in Maine to not only get our members of the House of Representatives to vote against the proposed \$50 billion more for war in Afghanistan (the Pentagon is now spending \$5 billion a month there) but to get them to recognize the need for them to show more leadership in this effort."

Gagnon, coordinator for the Global Network Against Weapons & Nuclear Power in Space ([www.space4peace.org](http://www.space4peace.org)), said ideas to be raised at the meeting include making a flyer on the Afghanistan war that asks people to contact their representatives in Congress, and having an action day statewide. Instead of coming to one place for a demonstration, activists would stay in local communities, go door-to-door and drop these leaflets at houses. "We would blanket communities across the state, get lots of

people involved, alert the media, have coordinated letters to the editor all with the same basic message, so instead of us banging on the doors of Pingree and Michaud, we try to get legions of folks across the state to call their offices," he said.

"We've got to get beyond our core of local activists, which is solid and dedicated, and reach into our communities and surface new energy that will help us take our anti-war work to the next level," Gagnon said. "We know that many people are frustrated and are looking for a good outlet for their rage. We've got to go find these people, ask them to do some simple things like contact our members of Congress, and then hopefully they will be ready to take further steps. People understand that the wars in Iraq-Afghanistan-Pakistan are killing our economy here at home. They see the cuts in education, social services, and other key areas such as infrastructure. Now we've got to get them to do something."

*Bruce Gagnon can be reached at 443-9502; [globalnet@mindspring.com](mailto:globalnet@mindspring.com).*

## **Report from India**

*by Doug Allen, University of Maine philosophy professor*

Greetings from Mumbai. I arrived in India on November 2. I have a Fulbright-Nehru Senior Research grant to work on "Mahatma Gandhi and Violence and Terrorism in the Contemporary World." I'm based at Mani Bhavan Gandhi Sangrahalaya. This is where Gandhi always stayed when he came to Bombay between 1917 and 1934.

I attended the 2009 Jannalal Bajaj Foundation Award given to Lavanam, a peace and justice activist of 80, who knew Gandhi, participated in the Freedom Movement as a teenager, and who has devoted his life to working with the poor and the oppressed. He explained that his name, Lavanam, means "salt." His father gave him this name to commemorate the launching in 1930 of Gandhi's Salt March, his most famous Satyagraha (truth or love force) campaign of nonviolent noncooperation and civil disobedience.

Lavanam's card begins: "Let us become post-religious and post-national universal humans." He is identified as Director: Atheist Centre and as an atheistic Gandhian.

In his acceptance speech, Lavanam stated that there are five Gandhis: Traditional, Visionary, Personal, Revolutionary, and Social. Indian admirers of Gandhi tend to emphasize the first three. They relate to the Traditional Gandhi because he used Hindu and other Indian language,

symbols, myths, rituals, devotional hymns, food, and dress. The Visionary Gandhi presents a hopeful, ideal future, but this doesn't necessarily commit you to doing anything right now. And the Personal Gandhi embraces all kinds of fads and idiosyncrasies in his own personal life.

It is now time, according to Lavanam, to emphasize the Revolutionary Gandhi and the Social Gandhi that challenge violent power relations in the world, work for civilization based on the three principles of truth, love, and equality, and recognize the urgent need for value-based progress.

I'll be meeting with Lavanam next week in Delhi, and we shall develop our friendship and commitment to shared peace and justice work.



## VFP lone voice for peace at Bangor-Brewer parade

Dan Avener, president of the Jim Harney Chapter of Maine Veterans for Peace, wrote to thank participants in the Bangor-Brewer Veterans Day Parade. He said, "As you could see, we were the lone voice for peace at this event. The onlookers were very appreciative, thanking us and cheering as we marched by. I expected a tough audience and was pleasantly surprised. Thanks again to all veterans, associates and supporters who marched."



## Veterans for Peace warmly greeted in Portland

by Mark Roman

On November 11, Maine Veterans for Peace marched in the Veterans Day Parade in Portland. At the forefront was a street-wide Veterans for Peace banner, followed by many supporting marchers. At the end, another banner stated, "Veterans for Peace Are Against War...Get Out of Afghanistan."

All along the route, as the Veterans for Peace group passed, onlookers broke into applause, gave peace signs and said "thank you." A number of people stepped off the curb to join the marchers. Many of these new marchers were wearing hats identifying them as past service members from the various armed forces. They marched with pride, wanting their presence to add to the message that War Is Not the Answer. By the time the march reached its end and the banners were displayed facing the speakers on the steps of the town hall, there were clearly more marchers with Maine Veterans for Peace than there were with the Veterans of Foreign Wars. One of the V.F.W. officials came over to the M.V.F.P. group and threatened them with never being able to march in this parade again if they would not put their sign away. When they did not comply, he went to a group of policemen to argue his case. They shook their heads, the official went off, and the ceremonies began.

On November 11, the citizens of Maine's largest city gave a clear message of support to voices for peace. Thank you, Portland.



Veterans for Peace and their supporters line up for the November 11 Veterans Day Parade from Brewer to Bangor *Photo by Chuck Rodrigues*

## Suzanne's yummy recipe

Suzanne Brunner's multi-layer Mexican Dip made a big hit at the October 24 planning meeting of the Peace & Justice Center of Eastern Maine, and Suzanne agreed to share the recipe with us. As she says, it requires no cooking, only assemblage.

### Seven (or Eight) Layer Mexican Dip

1 can refried beans (can be mixed with 1 can of Fritos bean dip to make refried beans more spreadable/ dip-able)  
 guacamole dip sufficient to cover bean layer  
 1 cup sour cream  
 ½ cup mayonnaise  
 1 package taco seasoning  
 1 can chopped green chilies (optional)  
 shredded jack and cheddar cheese  
 1 can sliced black olives  
 3 small chopped tomatoes  
 2 bunches chopped green onions

Mix refried beans and Fritos bean dip; spread in bottom of glass pie plate. Next spread guacamole dip (found near hummus in the supermarket). Mix sour cream, mayonnaise, and taco seasoning; spread. Cover with a layer of chopped green chilies (optional). Sprinkle cheese to cover. Sprinkle olives, tomatoes, and green onions in that order.



## notices

### Vigil to protest warship construction

The Advent Vigil for Disarmament will be held at Bath Iron Works across from the Administration Building on Washington Street from 11:30 a.m. to 12:30 p.m. on all of the Saturdays in Advent (November 28, December 5, 12, and 19). The new Zumwalt Class nuclear-capable Aegis Destroyer is under construction at BIW. With a projected cost of over \$3.3 billion, it is a weapon of mass destruction. Preparing for peace means resisting the building of these warships in Maine. Disarmament Now! Smilin' Trees Disarmament Farm, 763-4062.

### Human rights leader to speak on Mideast

Hadas Ziv, executive director of Physicians for Human Rights in Israel, will speak at 2 p.m. Sunday, December 6, at Husson University's Richard E. Dyke Center for Family Business in Bangor. Her talk is sponsored by the Eastern Maine Chapter of Brit Tzedek v'Shalom, Jewish Alliance for Justice and Peace. Ziv, the 2009 Fellow at the Oak Institute for the Study of International Human Rights at Colby College, will speak about her organization's work in

Israel and the Occupied Palestinian Territory, and provide insight into the current stalemated negotiations. For information, call Todd Miller at 992-9114; ToddFMiller@gmail.com.

### Noise to greet escalation in Afghanistan

"Make Noise, Not War" is a response to any proposal by the Obama Administration or Congress to send more troops to Afghanistan. If there is an escalation, people are urged to go to the Federal Building in Bangor or Monument Square in Portland and bang pots and pans or other noisemaking materials to express displeasure with the move. Besides letting off steam, the strategy is to get media attention to increase public opposition. For more on the plan: Mark Roman, 643-2356 or honedsharp47@yahoo.com.

### Martin Luther King Jr. event in January

Mark your calendar for the Peace & Justice Center's annual Martin Luther King Jr. Commemoration to be held Sunday, January 17, from 4 to 8 p.m. at the Keith Anderson Community Center in Orono. (Snow date January 18.) This year's event is being planned by the Peace & Justice Center of Eastern Maine, University of Maine Peace and Reconciliation Studies, students from UMaine's Office of Multicultural Programs, and Americorps volunteers, who will do outreach to high school civil rights teams to invite their participation. Join us for a talking circle about the legacy of Martin Luther King, then a potluck supper followed by an "I Have a Dream" Café. Come share or enjoy songs, poems, readings or artwork reflecting Dr. King's legacy for us today.



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**PEACE & JUSTICE CENTER FILM SERIES**  
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**THE U.S. VS. JOHN LENNON**  
 Sunday, December 13, 7:00pm

The US vs. John Lennon is a compelling and provocative look at John Lennon's transformation from beloved musical artist to anti-war activist to iconic inspiration for peace who spoke truth to power. It also reveals the true story of why and how the U.S. Government tried to silence him. The film will also show that this was not just an isolated episode in American history but that the issues and struggles of that era remain relevant today.

<http://www.theusversusjohnlennon.com/site/>  
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**Discussion after program**  
 Phone ahead for child care  
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# c a l e n d a r

Cartoons by Darrell Geisler

**November 28:** Disarmament vigil 11:30 a.m. to 12:30 p.m. at Bath Iron Works across from the Administration Building on Washington Street. Also on December 5, 12 and 19.

**December 2:** "A Rising Tide: Advancing Women in Leadership and Excellence at the University of Maine," 12:15 to 1:30 p.m., Bangor Room, Memorial Union, University of Maine, Orono. 581-1228.

**December 5:** PICA Holiday Sale, 10 a.m. to 3 p.m., 170 Park Street, Bangor (PICA and Peace & Justice Center). Embroidered and crocheted goods made by the women's sewing coop in Carasque, El Salvador.

**December 6:** Hadas Ziv, executive director, Physicians for Human Rights-Israel, 2 p.m. Richard E. Dyke Center for Family Business at Husson University, Bangor. 992-9114.

**December 9:** "The Coat Hanger Project," film with discussion led by staff from the Mabel Wadsworth Health Center, 12:15 to 1:30 p.m., Bangor Room, Memorial Union, University of Maine, Orono. 581-1228.

**December 13:** "The U.S. Versus John Lennon" film shown, 7 p.m., Peace & Justice Center, 170 Park St., Bangor. 942-9343 or [info@peacectr.org](mailto:info@peacectr.org) or [www.peacectr.org](http://www.peacectr.org).

**December 16:** "Playing for Change" film shown (peace through music) w/ potluck preceding the film, 6 p.m., Free Library, Belfast. 338-4920 or 338-5639.

**January 17:** Martin Luther King Jr. Commemoration, 4-8 p.m. Keith Anderson Community Center, Orono. Talking circle, potluck supper, "I Have a Dream" Café.



Photo by Chuck Rodrigues

Marj Lawrence and Margaret Skalski hold Veterans for Peace Supporters Banner during Veterans Day Parade from Brewer to Bangor. Behind them are David Bright and Lynne Williams, Green Party Candidate for Governor.





## Peace Vigils:

For additions & cancellations: cpdiebold@yahoo.com

**Bangor:** Tuesdays 5-5:30 p.m. Federal Building, Harlow St. Call the Peace and Justice Center, 942-9343.

**Blue Hill:** Sundays, noon, Blue Hill Bridge. Judy and Peter Robbins, 326-4405.

**Deer Isle:** Mondays 4-4:30, across from Deer Isle-Stonington High School, in front of ball field. FMI, 348-2511.

**Eastport:** Saturdays, 11 a.m. to noon, Eastport Post Office, David Gholson, 853-2633.

**Ellsworth:** Sundays at noon, Union River bridge downtown. Russell Wray, 422-8273.

**Houlton:** Fridays, noon-12:30, silent vigil at the Peace Pole in Monument Park. Marilyn Roper, 532-3797.

**Lubec:** Saturdays, 11 a.m. to noon, Triangle at Flat Iron Corner, opposite IGA. Dick Hoyt, 733-2068.

**Skowhegan:** Sundays 12-1 at the Margaret Chase Smith Bridge. Mark Roman, 643-2356.

**Southwest Harbor:** Saturdays 11 to noon, Pemetic School Green, Main Street. Westside Peace Group. Kate Henry, 244-3702.

**Waterville:** Sundays, noon-1 p.m, Messalonskee Bridge on Kennedy Memorial Drive (by CVS). Bobby Hayes, 873-0878.



## PEACE & JUSTICE CENTER *Newsletter*

is published 10 times a year by the **Peace & Justice Center of Eastern Maine**. Deadlines for articles and calendar items are due the 15th of the preceding month. Contributions, comments, and feedback are encouraged.

Before submitting material, please check with the editor for space availability, length of the article, and final deadlines.

Opinions expressed are those of the authors and do not necessarily reflect those of the staff, board, committees or membership of the Peace & Justice Center.

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**Peace & Justice Center of Eastern Maine**  
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**[www.peacectr.org](http://www.peacectr.org)**

## Mission Statement

...to support as well as link individuals and groups concerned with peace, social justice, and environmental issues. Center services promote cooperation, expand awareness, explore connections, and encourage community involvement in working toward a peaceful and just society. The Center also develops programs in response to those community concerns not being adequately addressed by existing social change organizations.

Peace & Justice Center  
of Eastern Maine / ROSC  
170 Park Street  
Bangor, Maine 04401

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of Eastern Maine  
*Newsletter*

November 2009



**Yes! I support the work of the Peace & Justice Center.  
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\_\_\_\_\_ This \$ \_\_\_\_\_ donation is \_\_\_ in memory of \_\_\_\_\_  
\_\_\_ in honor of (name)

Please send an acknowledgement of this memorial donation to

\_\_\_\_\_ (name) \_\_\_\_\_ (address)

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Address City/State/zip

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